



**For Immediate Release:  
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**Contact: Bert Scoglietti  
(302) 739-4206  
(302) 233-2196 cell  
Jane Haseldine  
(302) 672-5104  
(302) 632-6271**

## **State of Delaware Employees Can Begin Improving Their Health by Participating in DelaWELL Starting this Week**

*Dover* – Eligible state employees and pensioners can begin taking the first step in improving and maintaining their health by participating in DelaWELL, a new comprehensive wellness program that officially launches this week.

Starting April 1, state employees can fill out an online confidential Health Risk Assessment (HRA), the initial phase of the DelaWELL program. Employees will have from April 1-May 31 to complete the HRA.

DelaWELL is a new initiative available free to all full-time state employees, school district, charter school and higher education employees and pre-65 retirees currently enrolled in one of the state's health insurance programs. The program will assess employee health risks, provide confidential personalized feedback and coaching intervention strategies that target lifestyle topics such as back care, blood pressure management, exercise, nutrition and stress management.

"Our state employees are one of Delaware's most valuable resources and their health is important to me and to the success of our state government," Governor Ruth Ann Minner said. "I encourage our state employees and pensioners to participate in this valuable program that will help ensure they are at their healthiest, which benefits them, their families and our state."

"I would like to thank the State Employee Benefits Committee for their support of DelaWELL," said Jennifer Davis, Director, Office of Management and Budget and Chair of the SEBC. "This initiative will surely have a positive impact on everyone who participates."

For more information on DelaWELL or to fill out an HRA, eligible state employees and pensioners can go to <https://delaware.online.staywell.com>.